

# SCHOOL LIAISON LINK

Grand Forks AFB School Liaison Newsletter Volume 1, Issue 7 October 2011



"A happy person is not a person in a certain set of circumstances but rather a person with a certain set of attitudes."

Everyone Matters

## Market Place for Kids! Bright Ideas Showcase and Contest

The Marketplace for Kids needs your help to light up Bismarck on Saturday October 29th at the Bright Ideas Showcase & Contest. This is a great opportunity for you to show your unique and bright ideas through a project that you create.

This opportunity is for students, in grades 3 through middle school, who either participated in Marketplace for Kids in their region or anyone who has a New Bright Idea and wants to create a project.



At the showcase you will gain great exposure for your project, meet Louis J. Foreman the creator of the PBS TV show *Everyday Edisons*. Be a part of a Great Networking Experience, hear comments from an expert panel of judges, have the opportunity to have a one on one Parent/Student Consultations with a Small Business Development Center, get a tour of the facility, and possibly win cash awards! If you have questions call Linda at 888-384-8410.

For more detailed information about the showcase and how to prepare your project go to: <http://www.marketplaceforkids.org/site/content/view/224/331/>

### **Certified Awesome!** **Tutor.com (Now on Facebook)**

Tutor.com is featuring a 10-week Certified Awesome sweepstakes for military teens on their new Facebook page at: <http://cts.vresp.com/c/?Tutor.com/423579bab3/7e24993f2b/b70f0a1b24>

The sweepstakes features weekly iTunes gift card drawings and culminates into the grand prize of an iPod Touch which can be used to connect to a tutor from anywhere! They are encouraging all military students to participate in the contest by telling (or showing) them what they think is awesome. Encourage any military teen you know to visit and enter!

School Liaison Officer: Kelly Painter \* Phone 701-747-4484\* Email: [kelly.painter@us.af.mil](mailto:kelly.painter@us.af.mil)

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### How Important is a Good Night's Sleep?

Contributed by Jim Davis, ND State Military Family Life Consultant  
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THE NATIONAL SLEEP FOUNDATION STATES THE IMPORTANCE OF SUFFICIENT SLEEP FOR SCHOOL-AGED KIDS. ADEQUATE SLEEP CONTRIBUTES TO OVERALL WELL-BEING, PARTICULARLY IN YOUNGSTERS WHO ARE STILL DEVELOPING.

#### **SLEEPING SUCCESS TIPS:**

THE KEY TO MAINTAINING A SUCCESSFUL SLEEP SCHEDULE FOR YOUNG CHILDREN CENTERS ON ESTABLISHING CONSISTENT BEDTIME ROUTINES, TO INCLUDE:

1. LIGHT SNACK
2. BATH
3. PUT PJ'S ON
4. BRUSH TEETH
5. READ A STORY
6. BEDROOM IS QUIET& TEMP IS COMFY
7. PUT CHILD TO BED
8. SAY GOODNIGHT

#### **FOR OLDER STUDENTS:**

1. GO TO BED AT SAME TIME EACH NIGHT
2. USE THE BED FOR SLEEPING ONLY & NOT FOR OTHER ACTIVITIES (READING, TV, LISTENING TO MUSIC)
3. REMOVE TV'S, COMPUTERS, & OTHER DEVICES FROM BEDROOM
4. AVOID PHYSICAL ACTIVITY CLOSE TO BEDTIME
5. REFRAIN FROM LARGE MEALS CLOSE TO BEDTIME

#### **Guidelines for the proper amount of sleep:**

- 3-5 YRS: 11-13 HOURS
- 5-10 YRS: 10 -11 HOURS
- 10-17 YRS: 8.5 – 9.5 HOURS
- 18 YRS & OLDER: 7-9 HOURS

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## Educator of the Year



Latisha Sims, Lead Instructor, Grand Forks Adult Learning Center

The North Dakota Association of Lifelong Learning (NDALL) consists of members from alternative and adult educational institutions across the state. Annually, during the fall conference, NDALL has an awards ceremony where an individual is named Educator of the Year.

This year's recipient was Latisha Sims, who is the Lead Instructor of the Grand Forks Adult Learning Center. Latisha was awarded the NDALL Educator of the Year based on her contributions to the community and passions towards education, on both a personal and professional level.

The Grand Forks Adult Learning Center not only holds this year's title for Educator of the Year, but also received the Student of the Year Award (Stacy Winkler was the recipient).

These honors are a testament to the rigor, relevance, and relationships which establish the foundation of educational endeavors at the Grand Forks Adult Learning Center.

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## Parent Information Center (PIC): Gearing Up for Kindergarten is back!

(Do you have a 4 year old who will be starting kindergarten next year? If so, read on.)



Gearing Up for Kindergarten is an opportunity for parents and their four year olds to spend time together growing and learning. This parent child class series provides fun learning opportunities that develop social and emotional skills, build fine and gross motor skills, and best of all help children to be ready for kindergarten.

Research shows that children who are ready for kindergarten enjoy the experience more and have greater academic success in school. Each week parents and children meet with licensed preschool teachers for 90 minutes of reading, music, play, and learning while brothers and sisters are in free child care.

Last year both students and parents were sad to see the program end and parents reported feeling more confident in their child's readiness for kindergarten.

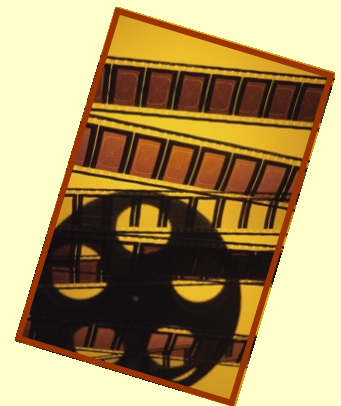
This **16 class series** is free. Classes are held from **6:00 -7:30 p.m.** one night a week. Families and students will be registered on a first come, first serve basis. Contact PIC to enroll or for further information call (701)787-4216 or Email [pic@gfschools.org](mailto:pic@gfschools.org). Space is limited. Childcare is also provided for siblings up through 5th grade.

## Parents of Teens this is for You

### The Effects of Media and Teen Violence

This is a wonderful opportunity for parents to hear about how you can protect your child from media violence. This class is going to be taught by middle school principal, Kevin Ohnstad. He will share the culture today and its change due to media exploitation of violence.

Violence sells, but what are the costs in terms of the unreality of video games and the numbing of emotions?



To register for this class contact PIC at (701)787-4216 or Email [pic@gfschools.org](mailto:pic@gfschools.org). Monday, November 14, 2011 6:00—8:00 PM Location: Valley Middle School Library

If you would like to start receiving the PIC newsletter call Machell or Judith at 701-787-4216 or email them at [pic@gfschools.org](mailto:pic@gfschools.org).

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## Scholarship News!

The General Hugh Shelton Leadership Center is pleased to offer a 4-year college scholarship for one emerging high school student leader to North Carolina State University. This is the 8th annual Hugh Shelton scholarship provided by the Center and is valued at \$10,000 per year (renewable), plus an annual \$2,000 stipend for external leadership experiences such as study abroad.

The mission of the General Hugh Shelton Leadership Center is to "inspire, educate, and develop values-based leaders who are committed to personal integrity, professional ethics and selfless service". Applications are due 1 Nov 11. Details on the scholarship, criteria and application can be found at: <http://www.ncsu.edu/extension/sheltonleadership/leadership-scholarships/national-scholarships.php>



## **Calling all Artists, Writers, & Musicians!**



Military Child Education Coalition is calling for military students to showcase their talents. Students in grades K-12 have the opportunity to submit art, poetry, essays, and videos and share their creative skills with the rest of the world. The deadline for submission is February 2012. If you would like to be a part of something great download the application at <http://www.militarychild.org/child-student/arts/> for more information.





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## Red Cross Babysitter's Course

- Wednesday, 19 October  
2011 (9:00am to 3:00pm)

- Airman & Family  
Readiness Center  
(North Doors)

- 12 Spots available  
Youth ages 11-15

- Cost is \$45



**Get a crash course in babysitting!**



Participants receive a  
handbook and a stocked  
babysitting bag.  
Bring a sack lunch.  
Call or e-mail to register  
Kelly Painter at 747-4484  
[Kelly.painter@us.af.mil](mailto:Kelly.painter@us.af.mil)

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## EFMP News



### *The Exceptional Advocate E-Newsletter is here!*

The Department of Defense Exceptional Family Member Program (EFMP) is pleased to inform you of the new ENewsletter titled: The Exceptional Advocate, a monthly electronic newsletter for military families with special needs. Each month you will find articles, resources, tips, and news that families can use to remain informed on a variety of topics. Each month the newsletter will feature activities for children on the "Kids Corner" page which features the animated characters "Iman Advocate," and his dog, "Watson." To view The Exceptional Advocate click on the following link: <http://apps.mhf.dod.mil/efmp/news>

### *The Education Directory for Children with Special Needs*

The Education Directory for Children with Special Needs provides assignment personnel and families of military dependents with ASD the information they need to make informed assignment decisions. The directory consists of two components: the Early Intervention Directory focuses on early intervention services for children birth-3 years old. This directory will not be available until 2012. The School-Age Directory focuses on educational services for children who are 3-21 years old. The School-Age Directory is currently available. Both tools provide a summary of trends related to ASD at the national and state level, as well as specific descriptions of providers and school districts that serve military installations in selected states. Useful resources are also included. Currently, the directory includes information primarily related to children with ASD, but information related to additional disabilities will continue to be added. This print version of the directory is based on the online version which is available at <http://apps.mhf.dod.mil/efmp/directory>. Both versions were created using information obtained for the Education Services for Military Dependent Children with Autism project completed by the Ohio State University for the Department of Defense in January 2011. Please note that in this directory, the terms autism & ASD are used interchangeably. Hard copies of this directory can be checked out of the School Liaison Office at the Airman & Family Readiness Center.

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## EFMP News



### First Annual Early Childhood Screening and Information Fair



The first annual Early Childhood Screening and Information Fair was held on 28 Sept at Eielson Elementary School.

A special thank you goes out to the elementary school for hosting this empowering event and the many local and community agencies who helped support the military families who attended.

A great time was had by all. Over 100 military and civilian personnel and families attended this first time event. Please look for this event to be held again next year.



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